

Welcome to
Heart Health Month



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How to Reduce Your Risk

1. Choose a Heart Healthy Lifestyle.
 - Engage in regular moderate aerobic exercise for at least 30 minutes five days a week or more vigorous workouts at least 20 minutes three times a week.
 - Adopt a diet low in salt, saturated and trans fats and high in unsaturated fats (fish, avocado, etc.) like the Mediterranean Diet.
 - Maintain a normal body weight with caloric adjustment.
 - Take fish oil supplements.
 - Avoid smoking and recreational drug use.
 - Imbibe no more than ½ to 1 alcoholic beverage per day.
2. Know and review your risk factors with a trusted physician.
3. Your physician may recommend medications to control cholesterol, hypertension and diabetes.
4. High-risk individuals should consider taking a daily aspirin.
5. Avoid hormone replacement unless you have severe menopausal symptoms.
6. In selected cases, it may be necessary to conduct non-invasive or even invasive tests to determine the nature and severity of the heart disease.
7. Sometimes angioplasty/stenting or even bypass surgery may be needed if you have severe and symptomatic arterial blockage.
8. Learn CPR.